

TEEN-AGE BOOBY TRAP



Is it possible...

... that someone you care about has
changed for no apparent reason?

From eager, active, enthusiastic
To passive, apathetic, hopeless

From friendly, open, trusting
To suspicious, antagonistic, alienated

From talkative, clear, expressive
To silent, confused, withdrawn

From dependable, helpful, attentive
To forgetful, vague, disinterested

From confident, poised, self-assured
To oppressed, tormented, persecuted

From vital, healthy, energetic
To nervous, up-tight, restless

From optimistic, cheerful, pleasant
To cynical, pessimistic, moody ... ?

When someone claims drugs are the **answer**,
they may be the **cause**

WHY ALL THIS FUSS OVER DRUGS?

Young people today are asking a lot of questions about drugs and they're entitled to honest and intelligent answers. They'll need to dig the cold facts if they're to use good judgment in finding a respected place in society.



Drugs play a vital role in the health of our people. It is their misuse, or abuse, that is stirring up all the rumpus.



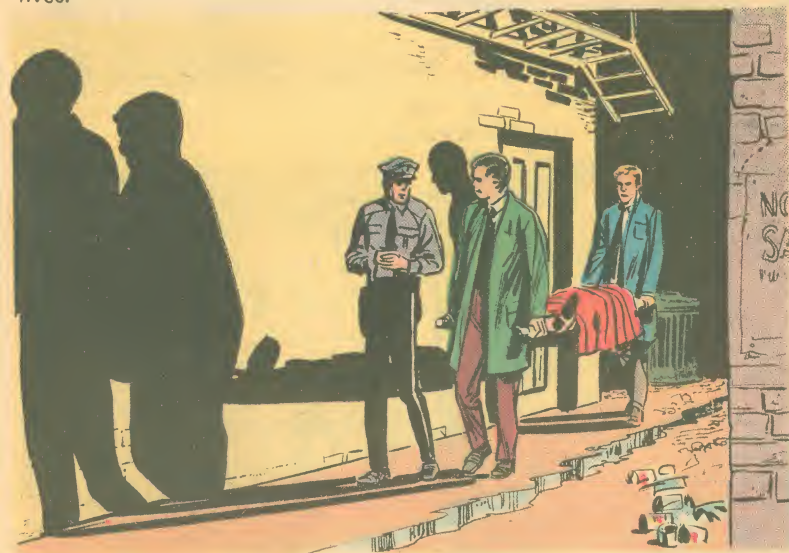
Every day, tens of thousands of prescription orders for drugs are written by physicians. . .



. . . and then dispensed by trained pharmacists.

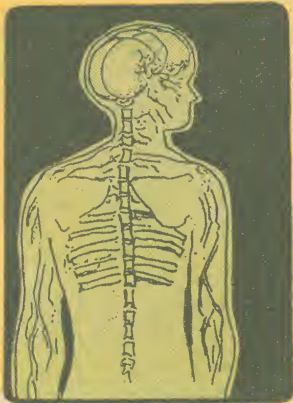


These drugs, properly used, are responsible for saving countless human lives.



But every day, too, the misuse of drugs takes human lives. That is why, in taking a hard look at the "drug problem," it is necessary to know their chemical effects, what reactions they cause, and what their misuse forebodes.

"Drug dependency" can result from the improper use of three main classifications of drugs: Depressants (which include most narcotics, sedatives and tranquilizers), hallucinogens and stimulants. Some have medicinal value when used properly; others have no known medical uses.



The effect produced by all three groups results from the drugs' action on the central nervous system.



DEPRESSANTS act on the brain and spinal cord to dull fear, tension and anxiety, to provide a temporary escape from reality, and to produce sleep.



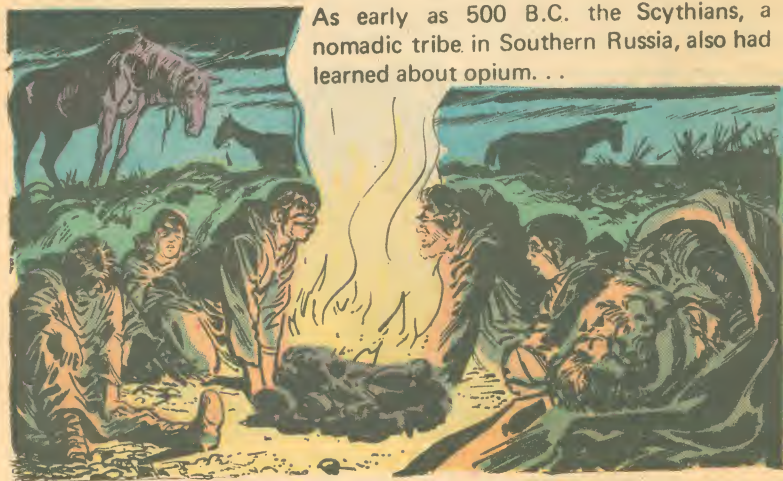
HALLUCINOGENS act on the central nervous system to produce weird sensations by distorting time, space, sight and sound. Their impact on the central nervous system is highly unpredictable.



STIMULANTS, through their action on the central nervous system, cause wakefulness, increased blood pressure and decreased activity of the gastro-intestinal system. Their misuse can cause headache, dizziness, confusion, apprehension and delirium.



The use and misuse of drugs is probably as old as civilization itself. Primitive people knew about opium and sometimes used it to produce a state of intoxication during religious ceremonies.



As early as 500 B.C. the Scythians, a nomadic tribe in Southern Russia, also had learned about opium. . .

By burning dried poppy plants and inhaling the smoke they were able to experience the intoxicating effects of the opium narcotic.

In Southeast Asia, young warriors were sometimes keyed up for battle to the point where they rushed headlong to their deaths due to the psychoactive effects of hashish, a concentrated preparation of marijuana.



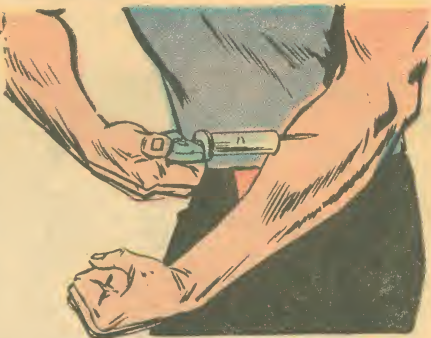
By the time of the Civil War, opium was used as a pain killer. Wounded soldiers were treated with morphine, the major constituent of opium, to relieve suffering. . .



. . . Unfortunately, many of them returned to civilian life with an addiction not then understood, but commonly referred to as "Soldier's Disease."

IS DRUG ABUSE A SICKNESS OR A CRIME?

When heroin, a derivative of morphine, was introduced late in the 19th century it was believed that injection of the drug into a vein rather than having it ingested through the stomach would prevent people from becoming "enslaved by the habit."



At first, heroin was even believed to be a cure for addiction to morphine. It turned out that heroin produced an even stronger addiction.



With the nature of addiction poorly understood, public opinion accused the drug rather than the user. Perhaps this attitude stemmed from the fact that so many had unwittingly become dependent upon drugs. As a result, addicts at that time were pitied more than they were condemned.

Believing that addicts could be weaned of their habit by making drugs unavailable, legislators in the early part of the 20th Century passed laws making possession and sale of narcotics a serious crime. . .



. . . But with their supplies cut off, addicts who wouldn't kick the habit turned in desperation to the underworld. The public's attitude then changed, and people began to look upon addicts as criminals.



In 1962 the White House Conference on Narcotics and Drug Abuse studying the problem described the drug addict as "an inadequate personality . . . unable to cope with the stresses of normal life."

DRUG DEPENDENTS NEED HELP, NOT SCORN

HEALTH LEADER SAYS
SOCIETY MUST FACE UP
TO RESPONSIBILITY

BANK ROBBER HOPPED UP
ON DRUGS CAPTURED



With this better understanding of the problem, society now can make a realistic appraisal of addiction. When he breaks the law, a drug addict is unquestionably a criminal. But when he is too weak of character to kick the habit, it is obvious that he is also a sick person—a sick person who needs help and encouragement.



It is with this approach that an effort is now underway to rehabilitate those who, in the past, would have been considered hopeless addicts, and to educate would-be abusers of the potential dangers.

HALLUCINOGENS



MARIJUANA, known as "pot," or "grass," is erroneously thought of as a narcotic depressant but is in fact a hallucinogen or psychoactive agent.

In making marijuana preparations the flowering tops of an Indian hemp plant, *Cannabis Sativa*, are used.

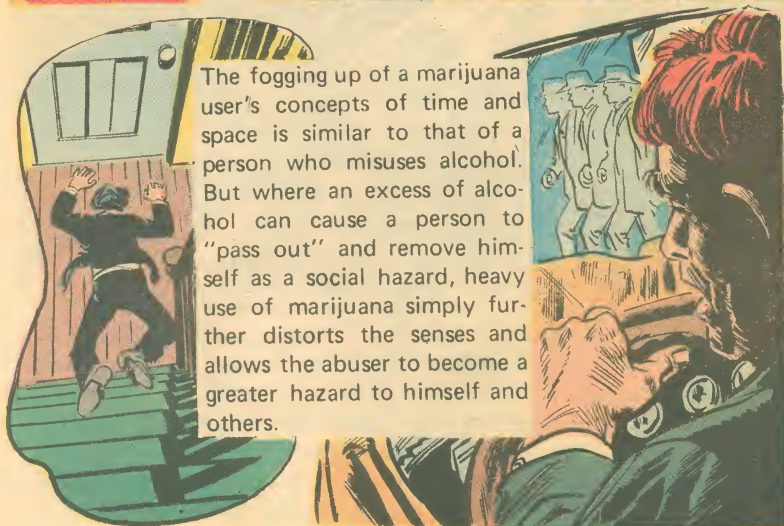


The most common method by which marijuana is used is by smoking homemade cigarettes ("Joints" or "Reefers"). Usually the preparation is rolled tightly into heavy paper that is then twisted at both ends.

A marijuana cigarette burns rapidly and is often shared by several persons. It produces varying effects such as hilarity, distortion of sensations and perception, impairment of judgment and confusion.



The fogging up of a marijuana user's concepts of time and space is similar to that of a person who misuses alcohol. But where an excess of alcohol can cause a person to "pass out" and remove himself as a social hazard, heavy use of marijuana simply further distorts the senses and allows the abuser to become a greater hazard to himself and others.



Although it does not create a physical addiction, marijuana can bring about psychological dependence. In large doses, it offers the same dangers associated with the other hallucinogens. Marijuana serves no useful purpose and has no known medical value.



The use of one drug all too often leads to experimentation with another and it is rare indeed to find a user of hard narcotics who did not start out on marijuana. Dope pushers have been known to supply hard narcotics free to their victims until they were hooked, but the large majority of narcotics users are first "turned on" by so-called "friends" who are part of "the wrong crowd." It is the mistaken belief that addiction won't happen to them that so many young people move on from marijuana to heroin or other hard narcotics.

LSD, nicknamed "acid", is a chemical in the family of hallucinogens. Like other hallucinogens, LSD brings to the user an escape from realism.



LSD users imagine all sorts of weird things—like thinking they are birds . . . or vicious animals . . . or even other people. The impact on the mind is great and sometimes of long duration.

LSD "trips" produce not only varying reactions among different users, but different results from time to time with repeat users. No one, even on a planned repeat trip, can foretell what will happen. The reaction might range anywhere from euphoria to terror.



There is still much to be learned about all hallucinogens. Those who have tried them have sometimes experienced haunting and frightening "repeat trips" months later without even having taken the drug again.



In our mental hospitals today are many young people who have "tripped" on LSD. Some are doomed to long and possibly permanent confinement after having used the drug only once.

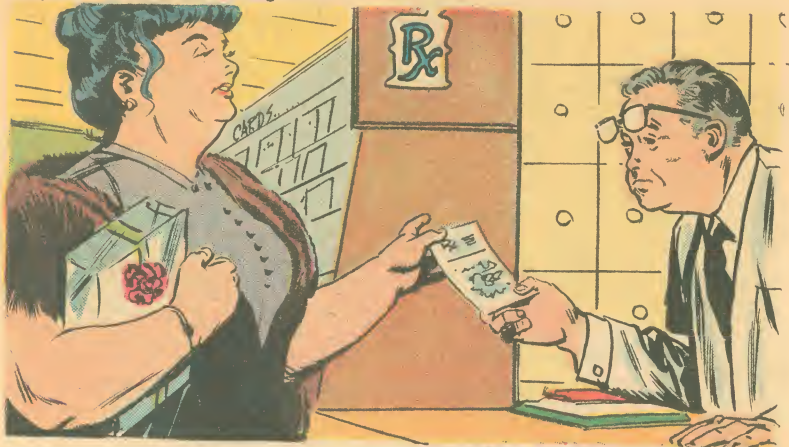
Laboratory research indicates that LSD may result in temporary, and possibly permanent damage to the chromosomes, or hereditary genes. If this proves true, deformities in offspring are likely to occur.



At present, there is no known benefit to be derived from the use of hallucinogens. Using a drug like LSD is like playing Russian roulette. If used enough times, there is no doubt that a person's mind will be destroyed. It could happen on the very first trip.

AMPHETAMINES

AMPHETAMINES, variously known as "bennies," "pep pills," and "speed," are prescribed by physicians for problems such as mild depression and overweight.



Amphetamines have been misused by students to help them stay awake long hours in preparing for exams.



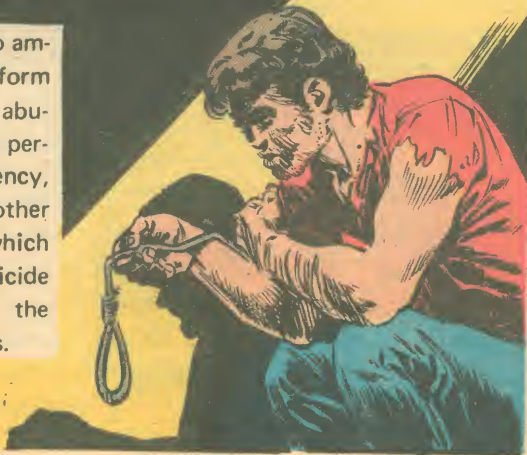
Sometimes amphetamine pills are taken to give the user a feeling of super strength. Athletes have been known to misuse them to get "pepped up" for athletic contests. From such over-exertion beyond normal capacity, damage to the heart and circulatory system may occur.

Amphetamine use, when carried to the point of dependence, offers many hazards. As with barbiturates, there is an increasing demand by the body for larger doses to produce a "high." When drugs are not available, unpleasant reactions usually follow. . .



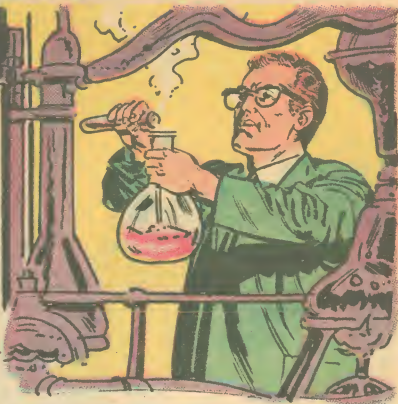
. . . A feeling that insects are crawling over one's body is often the unhappy reward of users of amphetamines and other stimulants such as **METHAMPHETAMINE** and **COCAINE**.

A common reaction to amphetamine abuse is a form of paranoia where the abuser imagines he is being persecuted. Despondency, severe depression and other mental disorders which sometimes lead to suicide are associated with the abuse of amphetamines.



BARBITURATES

BARBITURATES (known as "goofballs" or "barbs") are non-narcotic depressants, usually in tablets or capsules, and are made from barbituric acid. Like some of the other abused drugs, they serve a genuinely useful purpose under adequate supervision.



Doctors prescribe barbiturates as sedative and tranquilizers to promote temporary relief from tensions, anxiety and insomnia.

Becoming dependent upon barbiturate drugs is extremely dangerous. The paranoic reactions of a barbiturate abuser are erratic and change quickly . . .



. . . from giddiness and laughter

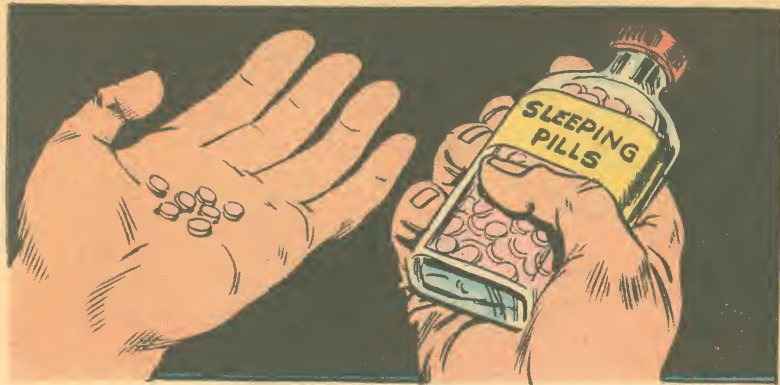
. . . to tears and sorrow



. . . or from hilarity and
friendliness

. . . to an antagonistic and hostile
behavior

Dependency on barbiturates results from taking doses much stronger than those prescribed by physicians for medical treatment . . .



. . . As with the narcotics, a person dependent upon barbiturates requires an ever increasing dosage to obtain the desired result.

But unlike its reaction to opium narcotics, the body does not increase its ability to combat the toxic reactions of barbiturates at as fast a rate as it demands larger dosages to produce a "high." After a certain point, barbiturate poisoning sets in and in spite of skilled medical help, death from poisoning may result.



NOTE: Mixing barbiturates and alcoholic beverages increases the danger and invites disaster.

Detoxification (withdrawal) from barbiturates is even more dangerous than from heroin and should be done gradually, ALWAYS under the supervision of a physician.



As with heroin, there is nervousness, muscle twitching, tremor and a sudden drop in blood pressure. After about 24 hours from the last dose, the abuser becomes desperate for more drugs. After 36 to 72 hours, agonizing convulsions begin.



These convulsions, which often lead to death, may last up to eight days. Even if there are no convulsions, the patient suffers delirium and frightening hallucinations similar to the DT's of alcoholism.

The torture of one horrible withdrawal far outweighs any possible pleasure derived from the abuse.

MORPHINE AND HEROIN

MORPHINE, known as "M," and "Dreamer," is a narcotic and is legally given by physicians. It is extracted from the dried juice of opium poppies.



Properly used, morphine is valuable as a sedative to relieve severe pain after accidents and burns, and in other cases of suffering such as terminal cancer.



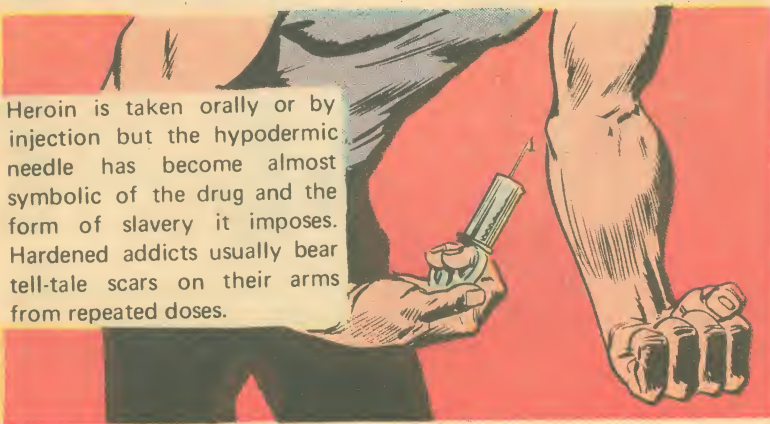
But morphine can quickly lead to addiction and physicians are careful in selecting cases where it is to be used.

HEROIN, called "H," "Horse," "Scag," "Harry," and "Joy Powder," is a narcotic derived from morphine and is addictive. It's use in medicine is illegal.



The fact that it is a serious crime to possess heroin means that every person who uses it is not only breaking the law but is helping the underworld to carry on an illicit racket.

Heroin is taken orally or by injection but the hypodermic needle has become almost symbolic of the drug and the form of slavery it imposes. Hardened addicts usually bear tell-tale scars on their arms from repeated doses.



Users of heroin get "hooked" and have a compelling physical dependence on the drug. With repeated use, a person develops a tolerance, meaning that increased dosages are required to meet the demands of dependence. If the heroin supply is cut off, "withdrawal" results.

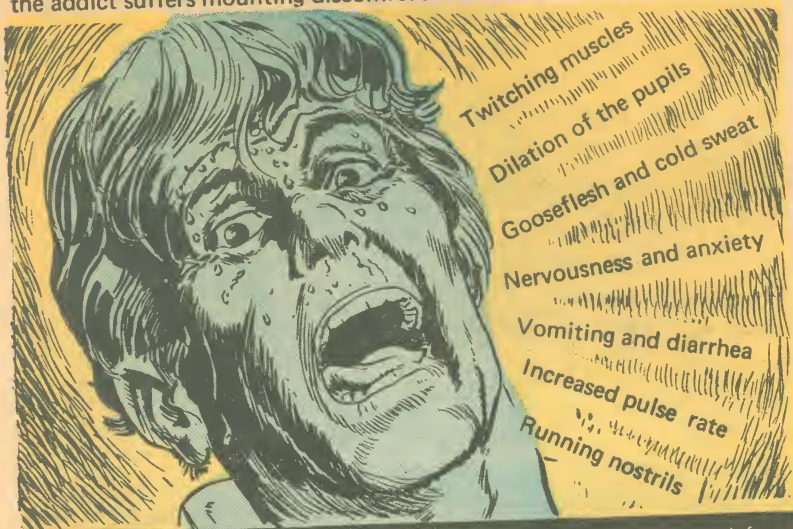


Narcotics withdrawal, or detoxification, is a torture hard to endure. An addict begins to feel a sense of desperation for a "fix" to calm him about 8 to 12 hours after the last dose. . .



If unable to obtain the fix, and in order to avoid going through the painful withdrawal, the addict is all too often driven to crime to get money to feed his ugly habit.

When he cannot raise money for a fix, and the dope supply is cut off, the addict suffers mounting discomfort . . .



NOTE: These symptoms are not exclusively those of withdrawal from heroin as other drugs, too, can produce the same or similar reactions:

During withdrawal ("cold turkey") the addict's miseries grow more intense until they reach a peak in about 36 to 72 hours. If he survives this torture without resorting to a fix he faces another period of slowly diminishing misery which lasts another 5 to 10 days. The complete drying out process can last another several weeks before he is no longer physically dependent upon the narcotic.

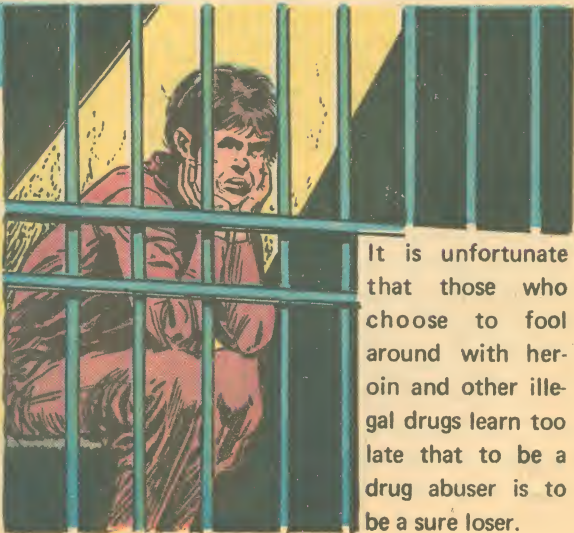


Narcotic addicts usually become neglectful of appearance, school work, jobs and families. Their sole concern becomes the problem of satisfying their tormenting addiction.



As an example of the power of drug dependency, a pregnant heroin addict will usually continue her habit even though she knows the baby may be born an addict.

Conviction for the possession or sale of heroin, or any illegal drug, can put a life-time blot on the record of anyone—military or civilian—and hinder the abuser's chances for employment and promotion.



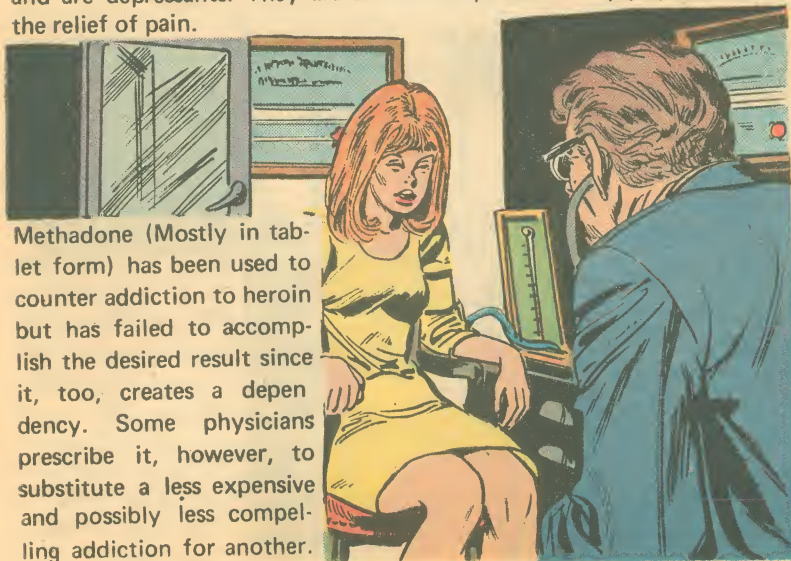
It is unfortunate that those who choose to fool around with heroin and other illegal drugs learn too late that to be a drug abuser is to be a sure loser.

OTHER NARCOTICS

CODEINE, a derivative of morphine and nicknamed "Schoolboy", is a depressant which serves a beneficial purpose when prescribed in medicines for the relief of pain and coughing. Being only about one-tenth as effective as morphine, it requires large dosages to result in physical addiction.

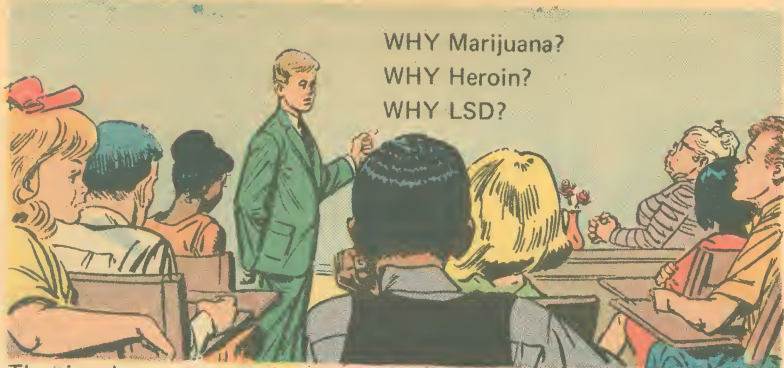


METHADONE and **MEPERIDINE** ("Demerol") are synthetic opiates and are depressants. They are sometimes prescribed by physicians for the relief of pain.

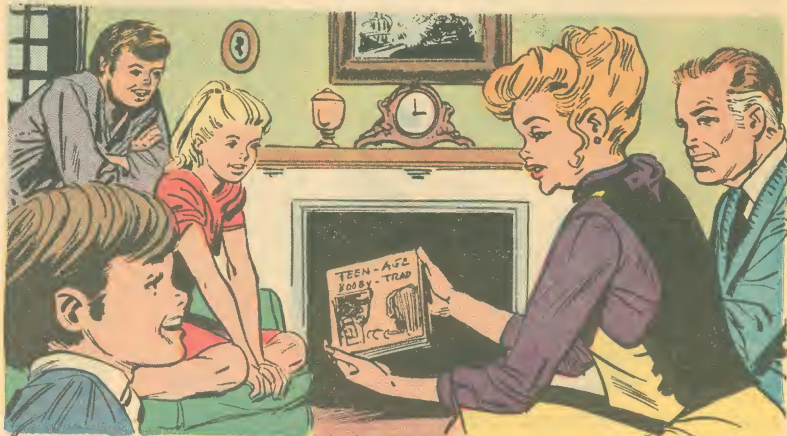


Methadone (Mostly in tablet form) has been used to counter addiction to heroin but has failed to accomplish the desired result since it, too, creates a dependency. Some physicians prescribe it, however, to substitute a less expensive and possibly less compelling addiction for another.

WHAT CAN BE DONE ABOUT DRUG ABUSE?



The time has come to bring discussions of drug abuse out into the open. Only through enlightenment—through getting the facts—can young people develop a correct attitude toward drugs. There is hardly a better place to learn these facts than in the classroom.



In the home there is a need for more frank and open dialogue between parents and children. All can benefit from a better understanding of drugs—their beneficial roles when properly used, and their dangers when abused.

For those who are already dependent on drugs, there is hope. Through detoxification, physical dependence on any abused drug can be overcome. It is the psychological dependence that causes the greatest problem. Today, society recognizes its duty to help.



Local mental health clinics and special drug information centers supply advice and information on group discussions and other forms of therapy to help the drug abuser. With the help that is available, anyone, if he has the desire and the strength of character, can break the habit and prepare for a new start as a respected member of society.

Those who have not abused drugs should learn the facts and be made aware of the probable consequences of drug misuse. Pharmacists, physicians, drug manufacturers, concerned business firms and the military and civilian agencies of our government are undertaking an educational campaign on the use and misuse of drugs.



After learning the facts, what the individual does with his life must be his own decision. Most young people will use good judgment and choose the right road. Every sensible boy and girl will seriously ponder the wisdom of misusing drugs even once, for it is the psychologically inadequate person who becomes a slave to his habit and a burden to society.

Has anyone you care about changed for no apparent reason?

If the problems are serious,
— they need help.

Sometimes parents, brothers, sisters,
and teachers are the first to notice changes.

Changes in young people may merely indicate
growing up. Or . . . just maybe . . . drugs can be involved

Changes not otherwise explainable may
involve **drugs**.

If you notice changes in someone you care about,
if you really care, you can help.

Call your local Health Department,
Medical Society, physician, clergyman.

Bureau of Narcotics & Dangerous Drugs
U.S. Department of Justice
Washington, D.C. 20537